



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-24-12)

Visit us at www.fns.usda.gov/fdd

110185 – TOMATOES, DICED, NO SALT ADDED, POUCH

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B or better diced tomatoes. No salt added.
PACK/YIELD	<ul style="list-style-type: none">Six 111 oz pouchesOne pouch AP yields about 12¼ cups heated, diced tomatoes and juice and provides about 49.2 ¼-cup servings heated vegetable.CN Crediting: ¼ cup diced tomatoes and juice provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened pouch tomatoes in a cool, dry place. Never store pouch in a damp storage area or any place exposed to high or low temperature extremes.Store opened pouch of tomatoes covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">STOCK POT OR STEAM-JACKETED KETTLE: Drain off half the liquid in the pouch. Pour tomatoes and remaining liquid into stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

Tomatoes, diced

	¼ cup (60 g)	½ cup (121 g)
Calories	15	30
Protein	0.5 g	1.0 g
Carbohydrate	3.0 g	6.0 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.5 g	3.0 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.36 mg	0.72 mg
Calcium	20 mg	40 mg
Sodium	7.5 mg	15 mg
Magnesium	0 g	0 g
Potassium	0 g	0 g
Vitamin A	375 IU	750 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	6 mg	12 mg
Vitamin E	0 mg	0 mg



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PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none">• STEAMER: Pour tomatoes into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.• Vegetables should be heated only to serving temperature and served soon after heating.
USES AND TIPS	<ul style="list-style-type: none">• Tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, vegetables, rice, or main dishes. Combine tomatoes and green beans; flavor with chopped green pepper, garlic, and chili powder.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.• NEVER USE food from pouches that are leaking, bulging, or spurt liquid when opened.• DON'T USE OR TASTE pouches with a foul odor when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.